

# The Power of Resilience: Managing Stress for Professional Success



CA  
PAKISTAN

Organized by: NRC through CPD - Technical and  
Professional Affairs Committee

CPD Hours: 03

Tuesday, April 23, 2024

4:30 pm to 07:30 pm

In-person ICAP House Lahore & Virtual  
for Other Cities

Register Now:

<https://member.icap.org.pk/online-registration-for-seminar-workshop/>

Session Investment:

Members & Affiliates PKR 1,600

CA Students PKR 1,300

Others PKR 1,900

inclusive of sales tax

For queries:

Call: 042-111-000-422 Ext: 156/ 130

Email: [nrc@icap.org.pk](mailto:nrc@icap.org.pk)

## About the Session

Experience the transformative power of resilience in the professional realm with NRC through its CPD - Technical and Professional Affairs Committee's upcoming session, "The Power of Resilience: Managing Stress for Professional Success". In today's dynamic and competitive landscape, resilience stands as a cornerstone for thriving amidst challenges.

This session is designed to equip participants with indispensable stress management techniques vital for nurturing resilience. Delve into the strategies employed by resilient individuals as they prioritize self-care, foster a positive mindset, and effectively seek support when necessary. Discover how resilience serves as the linchpin for professionals to maintain focus, enhance productivity, and achieve a harmonious work-life balance despite the rigors of the modern workplace.

By attending, participants will gain actionable insights and practical strategies to cultivate resilience, unlocking the pathways to sustained career advancement and personal growth. Join us as we unravel the secrets of resilience and propel your professional journey towards unprecedented success.



## Program Objectives

1. Understand the concept of resilience and its significance in professional success.
2. Identify the sources of stress specific to chartered accountants male & female and develop resilience strategies to manage them effectively.
3. Learn practical techniques to enhance mental health and well-being in a high-stress work environment.
4. Discover effective communication and relationship-building skills to navigate challenging situations.
5. Acquire tools and strategies to proactively manage stress and prevent burnout.
6. Learn how to foster a resilient organizational culture that supports the mental health of employees.

# Program Outline

## **Understanding Resilience**

- What is resilience, its components and significance
- Role of resilience in managing stress
- Examples

## **Stress management**

- How to identify the common stressors, identifying the triggering factors
- Level of stress in male and females and its impact on daily functioning at different aspects of life
- Perception of the stressor and its response
- Different symptoms/ disorders associated with stress

## **Stress Management Techniques**

- Acceptance and empathy
- Self-appraisal
- Deep Breathing
- Relaxation Exercises
- Guided Imagery
- Meditation
- Change in perception and adoption of healthy coping mechanisms

## **Communication and Relationship building Skills**

- Modes of Communication
- Examples on Assertiveness

## **Preventing Burn-out and Prompting Organizational Resilience**

- Warning signs of Burn Out
- Introduce strategies to prevent burn-out and balancing work life

## **16- PROGRESSIVE MUSCLE RELAXATION EXERCISE AND GUIDED IMAGERY**

## Speakers



**Redha Khalid**  
Clinical Psychologists



**Zeeshan Ijaz**  
Vice President ICAP



**Aneel Peter**  
Chairman NRC



**Ammara S. Gondal**  
Chairperson CPD, Technical &  
Professional Affairs Committee NRC



## Dignitaries and Speakers Profiles



**Redha Khalid**

Clinical Psychologists

Ms. Redha Khalid is a dedicated Clinical Psychologist renowned for providing exceptional care and developing effective treatment plans for diverse mental health disorders. With extensive experience and expertise in communication and maintaining confidentiality, Dr. Redha excels in both individual and group settings. Her academic achievements include an Advanced Diploma in Clinical Psychology and M.Sc. in Applied Psychology (Gold Medalist), further complemented by active research contributions and professional affiliations.



**Zeeshan Ijaz**

Vice President ICAP

Mr. Zeeshan Ijaz is a Fellow Member of the Institute of Chartered Accountants of Pakistan. He qualified in 2002 and became Fellow Member in 2010. He is the Tax Partner in KPMG Taseer Hadi & Co., Chartered Accountants, since 2009 and is also the Head of Office Management for KPMG Lahore office. He is also Member of Lahore Tax Bar and member of Alternate Dispute Resolution Committee as established by FBR. He has also been part of Executive Committee of Management Association of Pakistan, Lahore Chapter.

He has served over twenty years in profession in Pakistan and possess extensive experience of handling Corporate and Taxation affairs for a diversified portfolio of national and international clients. He has strong competencies in tax due diligence, tax planning, setting up business in Pakistan and obtaining relevant permissions and approvals from the Board of Investments, the State Bank of Pakistan, the Securities & Exchange Commission of Pakistan etc. He has also been involved in advising on Foreign Exchange Regulations and assistance in obtaining requisite permissions and consents from the State Bank of Pakistan for repatriable investments and foreign currency loans.

## Dignitaries and Speakers Profiles



**Aneel Peter**  
Chairman NRC

Mr. Aneel Peter is a Fellow Member of the Institute of Chartered Accountants of Pakistan and a Certified Internal Auditor. He brings over two decades of professional experience acquired in Pakistan and Middle East while working with PwC Pakistan and EY Bahrain.

Aneel has been serving on various committees of ICAP for the last 5 years and has also served on the Board of a Public Organisation. He is currently serving on the Board of two large non-profits and is an Advisor to the Federal Tax Ombudsman.

He is also a passionate and active Toastmaster having served as the Area Director and Club President. In 2020 Aneel became the first national champion of Speech Evaluation Contest of Toastmasters Pakistan. Aneel is currently a Partner in KPMG and working for some of the largest organizations in Pakistan.



**Ammara S. Gondal**  
Chairperson, CPD-NRC

Ms. Ammara S. Gondal became the first female chairperson of the Northern Regional Committee of ICAP for the term 2022-23, having been mandated with highest votes to become member of NRC for the term 2022-26. Previously, she has served at various technical & professional development committees of ICAP. Ms. Ammara brings with her close to two decades of multifaceted experience in financial analysis, finance business partnering, financial management and Audit & Assurance services. Ms. Amara is currently working as CFO of Reem (a multinational JV of Al-Ghurair Group of UAE and Al-Muhaidib Group of KSA). She also took interim charge as CEO of Reem in acting position. She started her career from KPMG, while diversified her skillset and played a pivotal role in the development of the financial sector of Pakistan during 2009-18 while working at Pakistan Credit Rating Agency (PACRA). There, she fast progressed internally to the apex position of Rating Committee Member. After that she joined SANIFA (A JV of Sapphire, Nishat and Fatima groups) to spearhead its finance function.



# The Power of Resilience: Managing Stress for Professional Success

Organized by: NRC through CPD - Technical and  
Professional Affairs Committee



The Institute of  
Chartered Accountants  
of Pakistan

CA  
PAKISTAN